Farmers hoe and hoe; they
forget not one weed on
yam heaps.
— Yoruba

One cannot both feast
and become rich.
— Ashanti

Sacrifices have to be made to stay toward the center, say the knowledge-holders.

If what is to be offered is not one's own, then how can it be a sacrifice, say the knowledge-holders? What is precious is given up for something more precious, say the knowledge-holders.

What does not strengthen should be released, for it is a false treasure, say the knowledge-holders.